

**IN THE CLAIMS:**

Please amend the claims as set forth in the following Claim Listing.

**CLAIM LISTING:**

1 – 39. (Canceled).

40. (New) A self-treatment method of treating gingival detachment of at least 3 mm consisting of the steps of:

(a) removing biofilm from supragingival tooth surfaces by using a toothbrush wherein each bristle of the toothbrush comprises ribs and grooves which hold a toothpaste containing an emulsion of nonionic surfactants and polydimethylsiloxanes and soft abrasives;

(b) removing biofilm from interproximal tooth surfaces by using proxy brush wherein each bristle of the brush comprises ribs and grooves which hold a proxy gel containing an emulsion of nonionic surfactants and polydimethylsiloxanes and soft abrasives; and

(c) removing biofilm from interproximal and subgingival tooth surfaces by using dental floss or dental tape containing an emulsion of nonionic surfactants and polydimethylsiloxanes and releasable soft abrasives;

wherein the biofilm is removed by physically working soft abrasives into the supragingival, interproximal and subgingival biofilms, thereby causing the disruption and

removal of the biofilm from these three tooth surfaces, and thereby providing a self-treatment for the gingival detachment.

41. (New) The method of claim 40, wherein each toothbrush bristle includes from three to five ribs and from three to five grooves.

42. (New) The method of claim 40, wherein each toothbrush bristle has five ribs and five grooves.

43. (New) The method of claim 40, wherein each bristle of the proxy brush includes from three to five ribs and from three to five grooves.

44. (New) The method of claim 40, wherein each bristle of the proxy brush has five ribs and five grooves.

45. (New) The method of claim 40, wherein the toothpaste further contains one or more therapeutic substances that can control the inflammation related substances associated with heart disease selected from the group consisting of aspirin, NSAIDS, and salicylic acid.

46. (New) The method of claim 40, wherein the proxy gel further contains one or more therapeutic substances that can control the inflammation related substances associated with heart disease selected from the group consisting of aspirin, NSAIDS, and salicylic acid.

47. (New) The method of claim 40, wherein the dental floss or dental tape further contains one or more therapeutic substances that can control the inflammation

related substances associated with heart disease selected from the group consisting of aspirin, NSAIDS, and salicylic acid.

48. (New) The method of claim 40, wherein the steps (a), (b) and (c) are each carried out at least once every 24 hours.

49. (New) The method of claim 40, wherein the steps (a), (b) and (c) are each carried out at least twice every 24 hours.

50. (New) The method of claim 40, wherein the steps (a), (b) and (c) are each carried out after eating.

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